

Abstract

Title of the thesis: The case study of physiotherapeutical treatment of a patient after knee arthroscopy for meniscal lesions.

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Year of defense: 2012

Aim:

The aim of this thesis is to summarize theoretical findings, application of the methodic of physiotherapy, process of the treatment and the observation its progression in patient after knee arthroscopy for meniscal lesions.

Methods:

The literature search and the case study of this issue were proceeded within the practical experience (from 9th January 2009 to 9th February 2009) in Centrum léčby pohybového aparátu in Prague (Centre of Motor Apparatus Treatment). The first part of the work is concerned with the theoretical knowledge of the knee joint (anatomy, biomechanics, medical imaging, traumatology and physiotherapeutic methods and examinations). The second part contains the case report which refers to the patient after knee arthroscopy for meniscal lesions, the treatment, the therapy and the pursuance of the curative effect.

Results:

The state of operated knee improved radically after the treatment, enhance of the muscle mass and its power is significant, augmentation of the knee joint range and normalization of the muscle tone is noticeable.

Key words:

Knee joint, meniscus, arthroscopy, case report, physiotherapy.